



## ***BEYOND BOW!***

### ***“Introduction to Kayaking”***

**Saturday, Sept. 25, 2010**

**10:00 a.m. to 4:00 p.m.**

**Hosted by Lee’s Adventure Sports – Portage, MI**

[www.leesadventuresports.com](http://www.leesadventuresports.com)

**Meet at Ramona Park Beach**

**8600 S. Sprinkle Rd. – Portage, MI**

**For driving directions visit: [www.portagemi.gov](http://www.portagemi.gov)**

The morning portion of this course is designed to be an introduction for beginners or novice paddlers to the sport of kayaking. The afternoon portion will cover more advanced technique.

Major land based topics covered will be selection of proper safety equipment, clothing, additional safety items, orientation to kayak paddles and a discussion regarding the various types of kayaks, their design features and the appropriate venues for each.

On the water segments will cover proper entry and exit of the kayak, proper paddle grip and introduction to the “total body kayak stroke”. A full set of strokes suitable for beginners will be introduced with appropriate practice activities and coaching. Individuals may determine their level of involvement in any activity in the class. A relaxing paddle around the lake to give the participants a chance to apply their new skills will wrap up the on water portion of the day.

## ITEMS TO BRING:

Sack lunch, snacks and beverages for the day

Rainwear, hat, sunglasses and sunscreen – *the class will take place rain or shine!*

Sandals or water shoes

Extra clothing to wear home – you may get wet!

Sweatshirt or jacket in case of cool weather!

***Please plan and dress according to the weather!***



For questions please contact Sue Tabor, MI BOW Coordinator

Email: [dnr-outdoors-woman@michigan.gov](mailto:dnr-outdoors-woman@michigan.gov) or Phone: (517) 241-2225

*Becoming an Outdoors Woman (BOW) is designed to be a non-competitive program where each individual is encouraged to learn at their own pace. Please keep in mind that some participants may be challenged physically and need your encouragement. The emphasis is on the enjoyment that goes with the social side of outdoor activities – fun and camaraderie. We encourage instructors and participants to share in the success of one another.*



Michigan Department of Natural Resources and Environment

**BECOMING AN OUTDOORS-WOMAN  
REGISTRATION FOR  
BEYOND BOW KAYAKING WORKSHOP!**

*This information is required by authority of the Michigan Department  
of Natural Resources for participation consideration.*



**NO SKILL LEVEL REQUIRED!**

**REGISTER EARLY!**

**WORKSHOP SPACE IS LIMITED**

**FIRST REGISTERED - FIRST ENROLLED**

**WHERE**

**RAMONA PARK BEACH  
8600 S. SPRINKLE ROAD  
PORTAGE, MI**

**WHEN**

**SATURDAY, SEPT. 25, 2010  
10:00 A.M. TO 4:00 P.M.**

**COST**

**\$80 PER PERSON**

**CANCELLATION  
DEADLINE**

**REGISTER BY SEPT. 20, 2010  
NO REFUNDS AFTER THIS DATE!  
YOU MAY SEND A SUBSTITUTE**

*You must pre-register for this workshop! Walk-ups cannot be accepted!*

*Print or type. Use separate registration for each person; photocopy for additional registrants.*

Name	Are you 18 years of age or older? <input type="checkbox"/> No <input type="checkbox"/> Yes
Address	Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP	Dietary Preferences (if meals are included)
Telephone (daytime) (       )	Is this your first BOW event? <input type="checkbox"/> No <input type="checkbox"/> Yes
E-mail	Emergency Contact Name and Telephone

**CERTIFICATION**

*I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**PHOTOGRAPH AND/OR VIDEO RELEASE**

*I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

**CASHIER'S OFFICE  
MICHIGAN DEPARTMENT OF NATURAL RESOURCES  
P O BOX 30451  
LANSING MI 48908**

You may purchase your registration on Michigan E-Store at [www.michigan.gov/bow](http://www.michigan.gov/bow); however you MUST still complete this registration form and mail or FAX to:

**OR Becoming An Outdoors-Woman (BOW)  
MICHIGAN DEPARTMENT OF NATURAL RESOURCES  
Mason Bldg., 6<sup>th</sup> floor  
530 W. Allegan St.  
Lansing, MI 48909**

**FAX: (517) 373-1547**

For more details contact:  
Sue Tabor, BOW State Coordinator  
Email: [dnr-outdoors-woman@michigan.gov](mailto:dnr-outdoors-woman@michigan.gov)  
Phone: (517) 241-2225

**FOR DNR USE ONLY**

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PCA - 97300

AOBJ - 9175